|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Each day choose a healthy eating challenge and a physical activity challenge the whole family can do together!! **Put a star beside each challenge you complete**!  **MARCH**  **FAMILY FITNESS CHALLENGE!!**  [http://www.eatrightvt.org/gfx/FUTP60_rgb.jpg](http://www.google.com/url?sa=i&rct=j&q=fuel+up+to+play+60+logo&source=images&cd=&cad=rja&docid=BNuZx45MX1pNCM&tbnid=8cNVOTZjIESz3M:&ved=0CAUQjRw&url=http://www.eatrightvt.org/vda.cfm?page=child_nutrition&ei=klEZUb2sOYz69gSe2YDwDA&bvm=bv.42080656,d.eWU&psig=AFQjCNFyhE2zUi_XI828EkwLVKzvG5hDJg&ust=1360698671745885) | | | Week 1 Week 2 Week 3 Week 4 Week 5 | | | |
| Put a smiley face for completing whole week . C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L0M86V29\MC900423159[1].wmf | | | |
|  |  | | | | | | |
|  | **Monday** | Tuesday | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 5  Week 4  Week 3  Week 2  Week 1 | ***Ex:*** *Eat 1 fruit*  ----  Do push up’s during each commercial.  Go for a walk 15 min. | **EX**. Eat 1 veggie  C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MV13OHQ5\MC900431611[1].png  ----  Dance to music 15 min.  Do yard work 30 min. | **EX.** Try a new food C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MV13OHQ5\MC900431611[1].png  ----  Play outside 60 min  C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MV13OHQ5\MC900431611[1].png | **Ex**. Eat 1 fruit & 1 veggie  ----  Play the Wii/Kinect for 30 min C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MV13OHQ5\MC900431611[1].png | 1 | 2 | 3 |
|  | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

**C:\Users\drew crystal\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HIL5R7L0\MC900431561[1].pngYour child can turn in their family calendar at the end of the month for a *chance* to win a subway gift card for their participation in this family fitness challenge!!**